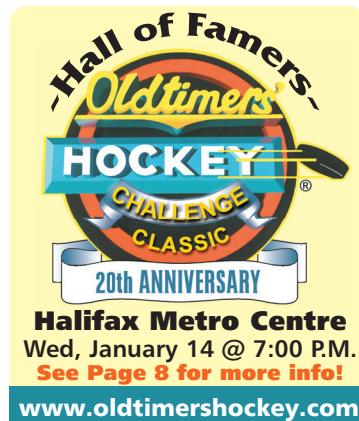


FEDS URGE BANKS TO OPEN UP CREDIT, PG 4



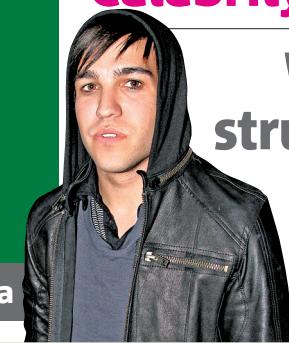
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HALIFAX • TUESDAY, JANUARY 6, 2009

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Celebrity Buzz



Wentz
struggles
with
stress
pg 14

Wanted Alta. woman found in Halifax

JENNIFER TAPLIN
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A woman wanted in relation to a homicide in Alberta was discovered in Halifax this weekend.

At around 8:30 a.m. on Sunday, a car on Cow Bay Road rolled over. The two people in the car — an 18-year-old woman and a 50-year-old man — were treated by paramedics when they found something in the woman's mouth.

"She was being treated by EHS when they found a piece of tinfoil in her mouth. They believed it was drugs so they turned it over," said Cpl. Joe Taplin with the Halifax RCMP.

They don't know yet what the drug is — it's being analyzed in the lab. The male driver is facing charges of impaired driving.

But as the RCMP checked out the woman, they found that there was a Canada-wide warrant out for her arrest.

Calgary RCMP Sgt. Patrick Webb said she was charged

for allegedly being a party to the homicide of Sharmanke Mohaned Warsame, 39, outside Brooks, Alta.

"It was this incident where this man was (allegedly) beaten by five males and they've all been arrested and charged and are in the court system," Webb said.

"She's charged as a party to the offence, which means she didn't participate in the actual homicide, but she (allegedly) participated in something either before or after it."

Media reports say a man called police on Sept. 1 to say he was assaulted, but didn't know where he was. Police tracked the call and found his body three days later in a field.

Taplin said the woman is currently in police custody.

"Crown prosecutors in Alberta will make an application to the courts in Nova Scotia to have her returned to Alberta," Taplin said.

Alberta RCMP officers will likely escort her back sometime this week. She is not facing charges in Nova Scotia.

Mother charged with negligence

BABY A Bridgewater woman has been charged with criminal negligence after she allegedly didn't dress her baby warmly enough for winter.

The nine-month-old baby girl was rushed to hospital Dec. 27 at about 4:30 in the morning, unresponsive. It was -9 C at the time.

The baby was treated and released to her father. Her 26-year-old mother will be in court Jan. 14.

METRO HALIFAX

Sports pg 9



New Moosehead blue-liner

Entertainment pg 12

Seizure killed Jett Travolta

Canada That's five



Canada's Thomas Hickey celebrates with goaltender Dustin Tokarski, left, after defeating Sweden 5-1 in the gold-medal game of the world junior hockey championship in Ottawa last night. Canada has won five straight gold. See page 9 for more coverage

Charities seek economic stimulus

DONATIONS Canadian charities hammered by the economic downturn are urging the federal government to create incentives in the upcoming budget to encourage rich donors to give more during tough times.

In an open letter to Prime Minister Stephen Harper and Finance Minister Jim Flaherty published in the Globe and Mail and National Post newspapers yesterday, universities, hospitals, social service agencies and arts foundations pleaded for philanthropic tax breaks they say

could result in huge influxes of cash for charitable foundations that are watching their endowment funds flounder.

"Donations are not at the same level they were a year or two years ago and we don't know what 2009 will bring," said Monica Patten, president of Community Foundations of Canada, a network of 165 local charitable foundations across the country. "We're trying to request that the government improve tax benefits for Canadians so that they can increase their giving."

Monica Patten

Under current tax laws, individuals and corporations can donate shares of publicly traded companies without paying capital gains taxes. The signatories on yesterday's open letter propose extending the same exemption to gifts of private company shares and real estate.

"People don't give real estate and private company shares because they have to pay a capital gains tax, even though they get a tax re-

ceipt," said Don Johnson, a senior adviser at BMO Capital Markets and the guiding hand behind yesterday's open letter.

"These are two major asset classes that are huge potential sources of donations."

Federal spokesperson Jack Aubry would not comment on yesterday's open letter.

TORSTAR NEWS SERVICE

ShareYourViews

halifaxletters@metronews.ca

Nova Scotia's Thomas Cromwell was sworn in yesterday as the newest Supreme Court of Canada judge. Cromwell came to the top court from the Nova Scotia Court of Appeal. His swearing-in was held at a private ceremony. METRO HALIFAX

Local



Fireworks at council

The city can't ban fireworks, says a report up for debate at Halifax regional council tonight. Instead, staff recommend asking the province to regulate the sale and use of fireworks — something it stopped doing in 2002. The city currently uses noise and nuisance by-laws to regulate fireworks use.

METRO HALIFAX

Animal control challenged

System that sentenced dog to die unfair, court hears

PAUL MCLEOD
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It started as a fight to save one dog's life, but now the whole animal-control system is on the line.

Francesca Rogier's dog Brindi has been on death row for more than five months after it attacked a guide dog — its third attack on another animal.

The city sentenced Brindi to be put down despite Rogier's insistence that Brindi was affectionate and generally well-behaved.

Rogier took the city to court. Yesterday, the Nova Scotia Supreme Court heard the case of whether the system that sentenced Brindi to death is fair.

"There's much more involved than a dog," said lawyer Blair Mitchell. "What it is, is the exercise of administrative power by the city unfairly."

Mitchell argued the animal-control bylaw is essentially illegal because there is no element of fairness or accountability. Mitchell said the decision to put down an animal shouldn't just be made by an animal-control officer, but must go



Francesca Rogier speaks with a supporter outside the courtroom at the Nova Scotia Supreme Court yesterday.

before a judge or some sort of independent review.

He also said owners have

no opportunity to appeal a decision or offer evidence to support the animal.

"This dog seems to find a victim every time it's free. The province doesn't tolerate these kinds of dogs."

Kishan Persaud

Rogier wins, it would almost certainly mean the system will be overhauled.

"Believe me, no one in Francesca Rogier's position or no lawyer representing her would want to be in the Supreme Court of Nova Scotia litigating a case like this. The point is, they haven't given us any option," said Mitchell.

But lawyers for the city argued the bylaw is valid and the animal's history of aggressive behaviour gave adequate reason for euthanasia.

"This dog seems to find a victim every time it's free. The province doesn't tolerate these kinds of dogs," said lawyer Kishan Persaud.

Mayor Peter Kelly said regional council is waiting on the outcome of the court case before looking at the animal-control bylaw.

Home away from home in Zanzibar

GRAHAM NORTH
for Metro Halifax

Giant wooden doors with ornate engravings line the narrow city streets of Stone Town: Each is spotted with sharp spikes, designed to defend them from charging elephants in the former kingdom of Omani nobles.

At first glance, the African spice island of Zanzibar has nothing in common with chilly, humble Nova Scotia.

It's a narrow labyrinth of twisting concrete and limestone — a city built so hurriedly and haphazardly that it looks like a crushed Chiclet from bird's eye view. Sugar-white sands and the warm, translucent turquoise waters of the Indian Ocean are home to a conservative Muslim culture that forbids women to uncover their shoulders or knees in public.

As a Haligonian working in Zanzibar, however, I've been lucky enough to find out how similar Zanzibar and Nova Scotia truly are.

At the junction of four narrow stone alleys, tri-

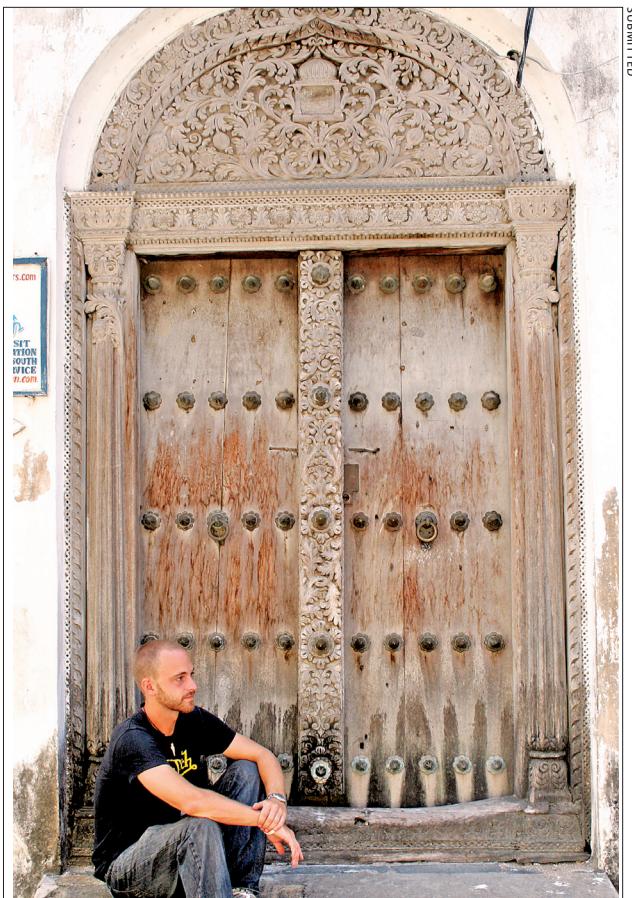
coloured flags and scribbles on the wall mark the infamous Jaws Corner, where teens defend their soccer club's honour and circles of elders debate politics over endless cups of scalding instant coffee.

It's a place to meet with friends or converse with strangers. It's a place to stop, relax, unwind. It's a place that, on reflection, looks suspiciously like your average Tim Hortons.

Zanzibar manages to cram its million residents into an island one-quarter the size of P.E.I., but the small-town feel persists and everyone abides by the island's celebrated Swahili proverb, "hakuna matata" — no worries. It's common courtesy to greet strangers and strike up friendly conversations, even in the capital city.

There is another secret hidden behind Stone Town's intricate wooden doors: Despite a 20-year-old thriving tourism industry catering to the world's most affluent people, most Zanzibaris still survive on less than a dollar a day.

Or, roughly, the cost of a double-double.



Graham North is a Haligonian working at a volunteer organization in Zanzibar.

Two charged after being found in stolen car

CRIME While patrolling for cars parked on the streets under a winter parking ban, police came across something unusual.

An RCMP officer was approaching a car parked on Flying Could Drive in Dartmouth when the driver turned on the lights. There were three people inside: A 17-year-old youth, an 18-

year-old woman, and a 21-year-old man.

Police say the 21-year-old driver had a hard time explaining what they were doing there, then took off running from police.

The RCMP officer stayed with the other two occupants of the car who gave him a false name of the runner. It turns out the car

was stolen.

The 17-year-old was charged with theft. He and the woman are also charged with obstruction for giving police a false name.

The 21-year-old hasn't been arrested yet, but RCMP say his identity has been confirmed.

METRO HALIFAX

Arrest in Forest Hills shooting

CRIME A 23-year-old Dartmouth man was arrested yesterday in relation to the Cole Harbour parking-lot shooting.

The victim was walking between Big Leagues and Tim Hortons at the Forest Hills shopping centre when he was shot once.

RCMP are still asking for anyone with information to contact them.

Sludge raises stink at 911 call centre

EVACUATION Call-takers at the 911 centre in Dartmouth were evacuated for eight hours at about 4 a.m. yesterday because of a noxious smell that caused security concerns.

Authorities found sludge in a humidifier was causing the stink. Police said staff were allowed back in the building at about 1 p.m.

METRO HALIFAX

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WHAT'S ONLINE TODAY

Blog Mourners at hockey player's funeral sing him one last Christmas carol at metronews.ca /canada

Read Stripes asks if MPs are earning those fat pay-cheques at metro news.ca



News in brief

THEFT Police are crediting the actions of an alert citizen for the arrest of an alleged car thief. A woman on Sylvia Avenue in Spryfield reported a possible car theft in the parking lot of her apartment building at 2 a.m. yesterday. She spotted a man driving a Jeep Cherokee. Police found the vehicle in the parking lot of J.L. Ilsley High School minutes later. A 17-year-old was arrested and faces charges of theft and breaching court orders.

DEATH A 19-year-old university student was killed in a car crash at Aulds Cove near the Canso Causeway yesterday. The 19-year-old woman from Newfoundland, a St. Francis Xavier University student, was travelling on Highway 104 when another vehicle, turning left into a driveway, hit her. She died at the scene. The driver of the other car was taken to hospital with serious, but non-life-threatening injuries.

METRO HALIFAX

Newest Crown a Newfoundland native

Newfoundland native Tanya Carter has been appointed Halifax's newest Crown attorney. Carter, who graduated from the University of Alberta law school in 1999, worked with the Newfoundland Justice Department and was also a prosecutor there. **METRO HALIFAX**

Horses make a great escape

Pair of equines slip away from stables to take a tour of Citadel Hill

JENNIFER TAPLIN
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Escaped horses stormed Citadel Hill yesterday morning.

Louie, a "teenager" and Pumba, a "good old guy," crossed Bell Road during morning rush hour and ambled up Citadel Hill.

Jill Barker with Bengal Lancers equestrian club said eight horses were turned out to the corral between 7:30 a.m. and 8 a.m.

"They play with things with their noses, so they played with the latch, and the gate opened. And then they pushed on the gate and the gate opened," she said.

Five of the escapees went across the street then came back. One of them never left at all.

"I guess he wanted to stay home," Barker said. "Two of them decided they really wanted to go, so they went to Citadel Hill."

She said she was amazed at how many people who were on their way to work at that time had some association with the equestrian club; several people stopped to lend a hand.

"There was an alumni meeting out there, I think," Barker said.



Lynn Knapp, a volunteer at the Halifax Junior Bengal Lancers riding school, brushes Louie, a horse who briefly escaped along with six others from the school's corral during the morning rush hour yesterday.

The police were called in to help wrangle the strays. They turned their sirens on, but the horses didn't understand the warning and they kept going.

"They didn't realize they were criminals," Barker said. "They were just out

for a winter's walk."

Const. Jeff Carr with the Halifax Regional Police said they're used to rounding up animals, but not particularly horses.

"It's not one of the prerequisites of our job to be horse wranglers," he said.

Volunteers caught the horses, as Carr said police were just trying to corral them and keep them safe.

Before their tour of Citadel Hill, Carr said the two runaways toured Sackville Street and Dresden Row. He said the two

police horses aren't stabled there in the winter, so they weren't among the escapees.

In her 25 years working at the Bengal Lancers, Barker said there have been about a dozen horse escapes.

It's the perfect time to organize your life

JON TATTRIE
for Metro Halifax



NEW YEAR The first full week of the new year is a great time to get your life in order, so Metro has brought in the experts to help you get organized at home and at work.

Alana Green of Halifax's Organize Anything says the first step is to dig deep into your closet and chuck out everything you don't want.

"You have to think about the value of your space," the professional organizer says. "It's tough ... you have to think about how this item actually adds value to your life."

Green's got a great tip for sentimental items like your vast collection of childhood art or your expansive T-shirt installation.

"Take a picture of it, and then throw away the actual item. You still have something to trigger the memory, and that's really what's important."

You can put the photos

in a digital frame or create an album online.

Then, break out the plastic storage bins to better stack what's left.

Jane Veldhoven of Get Organized has been busy helping office clients do their annual purge. Set up a system so you won't have to do it again next year, she says. Put your must-save items like tax papers in deep storage, toss out everything you don't need and put everything else in its home as soon as it comes in.

Veldhoven says there are pilers and there are filers, and pilers get a bad rap. Some people prefer to have their things where they can see them, rather than tucked away in drawers and cabinets.

"But even someone who likes to pile things can have organized piles," she says. Use bins and baskets where things can be easily and openly stored in a systematic fashion.

Put your "finger-tip files" out and store the long-term projects in the filing cabinet.



Jane Veldhoven, owner of Get Organized, shows her filing system at her home office yesterday.

Sunken barge not a risk: Report

JENNIFER TAPLIN
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"There hasn't been a sighting of any leakage for quite some time."

Geoff Britt

unmanned submarine which examined the wreck on Nov. 30. The dredging barge has 70,000 litres of diesel aboard.

In an interview, Britt said initial fly-overs discovered only two to five litres of sheen on the water from spilled fuel.

"There hasn't been a sighting of any leakage for quite some time," he said. "Even when we did the underwater survey, there was no sign of leakage at all from the gas tank."

It hasn't been decided yet what will be done with the barge. Britt said discussions between J.D. Irving and REET are ongoing.

He said he didn't know what the potential cost would be to raise the wreck.

IRVING The diesel-carrying barge sitting at the bottom of the ocean doesn't pose much of a risk, according to a report released yesterday.

The Shovel Master,

owned by J.D. Irving Ltd.

sank 80 kilometres south of Yarmouth on Nov. 22. It faltered in rough seas as it was being towed to Halifax.

In a statement, J.D. Irving spokesman Geoff Britt said the company submitted a report written by a third-party expert to the Regional Environmental Emergency Team (REET) yesterday.

"The authors of the report conclude that the risk of the sunken barge being the source of an incident resulting in significant environmental or economic impacts is judged to be extremely low," Britt said.

The conclusion was taken from data gathered by an

MLA sees hope for Cumberland

ECONOMY Independent MLA Ernie Fage is still hoping to see lots of government work in Cumberland North this year.

In a year-end interview, the veteran MLA said the past year started off strongly economically, but there were a couple of tough announcements in December with C-Vision's layoffs and seasonal cuts at other outfits like Waldale.

However, Fage said, the momentum is still positive in the Amherst industrial park, with Vidabode opening the former Robb Engineering-Amherst Fabricators building while other companies in the park, including Atlantic Windows, Poly Cello and IMP, continue to grow.

METRO NEWS SERVICES

News in brief

FRAUD Police in Pictou County are on the lookout for a new form of fraud that has become popular with criminals in other parts of the country.

Const. Ken MacDonald says counterfeit coupons have become the method of choice among thieves. The thieves are using computers to create fake coupons. They then take these coupons to stores and cash in on everything from televisions to clothing.

METRO NEWS SERVICES

A video game developed at the University of Calgary that simulates driving while drunk has attracted the attention of the U.S. army. Jim Parker, creator of Booze Cruise, says the U.S. Army Combat Readiness/Safety Centre is trying the game out on soldiers who have been in Iraq. **CBC NEWS ONLINE**

Canada



Expensive extension

Toronto city council yesterday approved a seven-kilometre, \$2.5-billion extension to the city's Yonge Street subway line. The proposal has been sent to the Ontario government. If the province will help fund the plan, the subway will be extended in the suburb of Richmond Hill by 2017.

METRO NEWS SERVICES

Flaherty meets with top bankers

Federal finance minister urges Canadian banks to make credit available

Canada's finance minister and central bank chief met with the country's top bank executives yesterday to prod them to loosen up lending, officials said.

A spokesman for Finance Minister Jim Flaherty confirmed the meeting took place early yesterday. Bank of Canada governor Mark Carney also attended, according to his spokesman.

Neither would comment on the meeting.

Flaherty will speak to reporters this morning, prior to pre-budget consultations in Montreal, and is expected to comment then

"Banks are trying to fill the gap, but we're not able to take up all the slack."

Nancy Hughes Anthony, Canadian Bankers Association

on the talks with the banks.

The head of the Canadian Bankers Association, who also attended the meeting, said Flaherty expressed concern about the availability of credit for businesses and individuals.

"We assured the minister that the banks are committed to doing what they can to help Canada weather

any recession and that they will continue to lend to credit-worthy individuals and businesses," Nancy Hughes Anthony, president and chief executive of the CBA, said in a statement.

Hughes Anthony said banks represent only half the credit market for small and mid-sized businesses and that non-bank funding

sources to these businesses are the ones that have been curbing their lending.

"Banks are trying to fill the gap, but we're not able to take up all the slack from other providers," she said.

She defended the Canadian banks' prudent lending practices and said it was best to stick to those practices, protecting depositors' money.

It was also reported yesterday that Flaherty would discuss with the banks a range of proposals under consideration to ease cred-

it conditions.

The proposals, which could potentially be worked into the Jan. 27 budget, include the government acting as guarantor for different types of loans, in addition to its traditional role as guarantor of mortgages.

Ottawa could also provide tax incentives for investors to buy preferred shares in banks, as an alternative way to raise financing with reduced risk, a newspaper reported, citing people briefed on the agenda.

REUTERS

Ontario man runs for top Puntland office

SOMALIA A Mississauga, Ont., man running for president of Puntland, an Islamic state within Somalia at the Horn of Africa, promises to end piracy against international shipping by creating jobs.

Adam Esse said pirates would rather fish or do other work, rather than raid ships and hold them for ransom.



Adam Esse

Stopping the piracy that is disrupting shipping and terrorizing sailors in the Gulf of Aden requires basic development that would lead to other jobs, he said by phone yesterday from the capital, Garowe.

"I want to become president to change the bad situation that we have over here in terms of security, stability, the economy, education and equality between the genders."

Man to appeal shaken-baby case

ONTARIO A man convicted nearly 14 years ago in the death of his two-month-old son says he "did nothing" to harm the child but felt pressured to plead guilty after "the king" of pediatric forensic pathologists — the now disgraced Dr. Charles Smith — entered the case.

Richard Brant, 36, explains his actions in an affidavit filed for a hearing today in the Ontario Court of Appeal, where lawyers will ask that he be allowed to appeal his conviction.

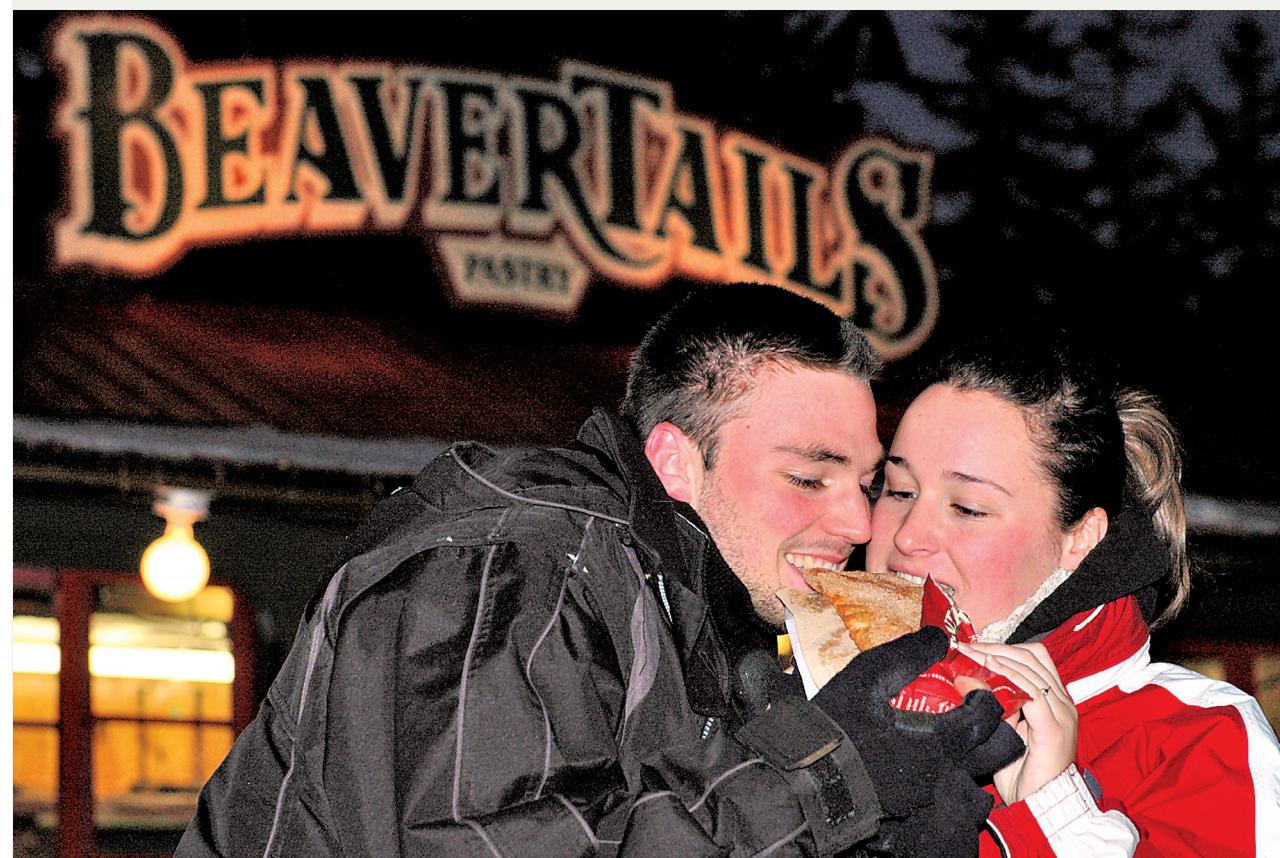
Ontario vows to fund job growth

ECONOMY From high-tech firms to cash-strapped automakers, Ontario will lend billions of dollars to promote and protect job growth in harsh economic times, Premier Dalton McGuinty said yesterday.

Eight Ontario high-tech ventures will receive \$500,000 each in loans to promote green job creation, McGuinty announced yesterday at his first news conference of the year.

TORSTAR NEWS SERVICE

Ottawa Sweet treat on the canal



News in brief

BOMBING A natural-gas pipeline in northeast B.C. has been bombed for the fourth time in three months, RCMP said yesterday. The explosion did not cause a gas leak, but did damage a metering shed. No one was injured in the blast that was discovered Sunday by EnCana gas-line workers.

Evidence

- Police had collected enough evidence, they said, to recommend charges even before they finally interviewed Gauthier-Lachance yesterday. Her lawyer, Dominic Bouchard, described her state-of-mind as "devastated."

Cathie Gauthier-Lachance, 36, the only survivor of what police have called a suicide pact undertaken with her husband to kill their children and then themselves, was arraigned yesterday on first-degree murder charges of her three young children, and in a last-minute addition, the assisted suicide of her husband, 46-year-old Marc Laliberté.

The bodies of Laliberté and the children, 12-year-old Joelle, seven-year-old Marc-Ange, Louis-Philippe, 4, are undergoing autopsies in Montreal.

TORSTAR NEWS SERVICE

ers at a wellhead near the hamlet of Tomslake, 30 kilometres south of Dawson Creek, B.C.

MURDER Escalating gang violence in Calgary has claimed an innocent victim, a hard-working Samoan man forging an honest life for himself. Keni

Su'a, 43, was gunned down on New Year's Day while dining alone over soup at Bolsa Vietnamese Restaurant, an innocent bystander in the wrong place at the wrong time, according to police.

DEAL STRUCK The New Brunswick government and

the province's 5,500 nurses have reached a tentative deal, avoiding a possible provincewide strike, CBC News Online reports. Marilyn Quinn, president of the New Brunswick Nurses Union, said the tentative agreement was struck at 1 a.m. yesterday.

METRO NEWS SERVICES

China cracks down on search engines, other sites for vulgarity

China has launched a crackdown on websites as the country enters a politically sensitive year, with officials accusing search engines, including Google and Chinese engine Baidu, of spreading pornography and vulgarity. A report on an official news website said repeated violators and those that had a "malign influence" might be exposed, punished or shut down. **REUTERS**

World



Panetta picked as CIA head

U.S. president-elect Barack Obama has chosen Leon Panetta, left, who was White House chief of staff for Bill Clinton, to lead the CIA. Democratic officials said yesterday. Outside of his stint in the White House, where he served between 1994 and 1997, Panetta has relatively little experience in national security matters.

REUTERS

Israel ignores calls for truce

Israeli troops backed by air strikes fought to seize ground from Hamas militants deep inside the Gaza Strip yesterday, despite international calls for a ceasefire in a conflict that has killed more than 540 Palestinians in 10 days.

More than 33 civilians, including children, were killed yesterday, the third day of an Israeli ground offensive. Three Israeli soldiers were killed and about 20 were wounded by an Israeli tank shell fired in error, the military said.

A total of four soldiers

have been killed since Israel launched the assault on Saturday.

Israel said it killed dozens of Islamist guerrillas as the battle crept into the suburbs of the city of Gaza itself.

Israel's defence minister said the assault, which he hopes can stem rocket fire on its own towns, could get harder for troops.

Hamas threatened to fire more missiles into Israel. Threats of resuming suicide bombings have yet to materialize.

Israel, whose leaders are

Onus is on Hamas: Bush

- U.S. President George W. Bush insisted yesterday that any Gaza ceasefire must include provisions to prevent Hamas from using the coastal strip to fire rockets into Israel.

fighting a parliamentary election on Feb. 10, made clear its priority was to secure the safety of its citizens. Hamas called for a lifting of the blockade of the enclave, crammed with 1.5 million people whose lives are growing ever

more squalid. Many lack food, water or power.

REUTERS



Israeli Foreign Minister Tzipi Livni speaks about the Mideast conflict at metronews.ca /world

Iguanas unseen by Darwin offer evolution clue

SCIENCE Pink iguanas unknown to Charles Darwin during his visits to the Galapagos islands may provide evidence of species divergence far earlier than the English naturalist's famous finches, researchers said yesterday.

The findings also for the first time describe the black-striped reptiles — first seen in 1986 and only a few more times since — as a new species, said Gabriele Gentile of the University Tor Vergata in Rome, who led the study.

They also add to understanding of the evolution of species on the remote islands, which remain much as they were millions of years ago and which inspired Darwin's theory of evolution by natural selection.

"The Galapagos have not yet finished offering evolutionary novelties," Gentile and colleagues wrote. "So far, this species is the only evidence of ancient diversification along the Galapagos land iguana lineage and documents one of the oldest events of divergence ever recorded in the Galapagos."

During Darwin's visit to the Galapagos in 1835, his observations of finch varieties with different-shaped beaks were key in his formulation of the principles of evolution. Darwin did not visit areas inhabited by the pink land iguana and so missed the species, whose existence suggests diversification in the Galapagos happened some five million years ago. **REUTERS**

India Mourning procession



Shiite Muslims flagellate themselves during a Moharram procession yesterday in Ahmedabad. Muslims all over the world mourn the slaying of Imam Hussein, a grandson of Muhammad, during the first 10 days of the Islamic month of Moharram. Imam Hussein was killed by his political rivals along with 72 companions in Iraq some 1,300 years ago.

Teens put risky behaviours online: Study

INTERNET More than half of teenagers mention risky behaviors such as sex and drugs on their MySpace accounts, U.S. researchers said yesterday.

They said many young people who use social networking sites do not realize how public they are, but the sites may also offer a new way to identify and help troubled teens.

The researchers ana-

lyzed 500 randomly chosen MySpace profiles of 18-year-olds in 2007.

Overall, 54 per cent of the publicly available accounts they checked mentioned high-risk behaviours: 41 per cent mentioned substance abuse, 24 per cent sexual behaviour and 14 per cent violence.

In a second study, the researchers identified 190 individuals aged 18 to 20

whose MySpace accounts displayed multiple risky behaviours. Half were sent a message from researcher Dr. Megan Moreno's MySpace profile warning about the risks of disclosing personal details online.

Three months after this single message, many had erased references to sex and substance abuse and tightened security controls. **REUTERS**

News in brief

PREGNANCY A test performed in early pregnancy to check for genetic defects such as Down syndrome may be linked to increased risk the child will be born with a birthmark.

Chorionic villus sampling, or CVS, involves using a needle to collect samples of the embryonic structure that forms the placenta. In one study, researchers found birthmarks

in 12 of 95 CVS-exposed infants compared with three of 87 infants who had been exposed to amniocentesis, which is typically performed later in pregnancy. **REUTERS**

India hands Pakistan Mumbai evidence

ATTACKS India handed over evidence yesterday to Pakistan that it said linked Pakistani militants to the Mumbai attacks and demanded a prompt investigation, piling diplomatic pressure on its nuclear-armed rival.

"It's hard to believe that something of this scale ... could occur without anybody, anywhere in the establishment knowing."

Shiv Shankar Menon

India has blamed Pakistani militants for the November attacks, which killed 179 people and reignited tension between the neighbours who have fought three wars since 1947, but this is the first time it has given evidence to Islamabad.

Foreign secretary Shiv Shankar Menon said it "beggars the imagination" that no Pakistani officials knew about preparations for the assault on India's financial hub.

"It's hard to believe that something of this scale, that took so long in the

preparation and of this nature, which amounts really to a commando attack, could occur without anybody, anywhere in the establishment knowing," Menon told reporters.

The evidence included a confession from the man India says is the lone surviving gunman, details of communication links with "elements in Pakistan," and data retrieved from GPS and satellite phones, India's foreign ministry said.

Pakistan said it would look into the evidence.

India says it has not been satisfied by Pakistan's response thus far. New Delhi wants Islamabad to dismantle what it says are terrorist training camps on Pakistani territory and extradite 40 suspects.

REUTERS

Dutch scientists create replica of SARS virus

HEALTH Dutch researchers have built a three-dimensional model of a type of virus that causes SARS in a step that could one day help in the battle against the deadly disease.

The model, created using hepatitis coronavirus from mice, will help scientists understand severe acute respiratory syndrome (SARS), which appeared in China in 2002 and spread to other regions, including Toronto, where 43 people died. The disease killed some 800 people globally before being brought under control.

"I think we can translate what we found for this virus to the SARS virus," said Berend Jan Bosch, a virologist at Utrecht University who worked on the study. "If you are going to study the SARS virus, you will basically find the same features."

Coronaviruses cause diseases in animals and in people from the common cold to severe illness. They also cause SARS, which scientists believe, like influenza, initially came from an animal.

REUTERS

Tunisia bomb suspects on trial

PARIS Three men, including one of the principal figures linked to the 9-11 attacks in the U.S., went on trial yesterday for their alleged role in a truck bomb attack on a synagogue in Tunisia in 2002.

Khalid Sheikh Mohammed, a Pakistani thought to be one of the planners of the Sept. 11,

2001 attacks, is suspected of organizing the attack in Djerba on April 11, 2002, in which 21 people died.

Currently held by U.S. authorities in Guantanamo Bay, he will be tried in his absence. His co-defendants deny involvement in the attacks. All three men face a maximum penalty of life imprisonment.

REUTERS

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Comment

Back to the starting point

National Report



Lawrence Martin

Fair to say that a decade or two ago, we didn't care much about Afghanistan. Just another Third World basket case. Let the ethnic tribes there bloody one another up. Let superpowers try to harness it.

Then a couple things happened. The Taliban got singled out as being exporters of terrorism and as running a government even more medieval than other tribes. We had a general, the popular Rick Hillier, who was gung-ho on getting Canada back on war footing. We figured we owed the Americans some-

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals.

thing because we hadn't joined them in Iraq and hadn't agreed to their missile-defence program. So we sent troops to the Afghan hot zone of Kandahar.

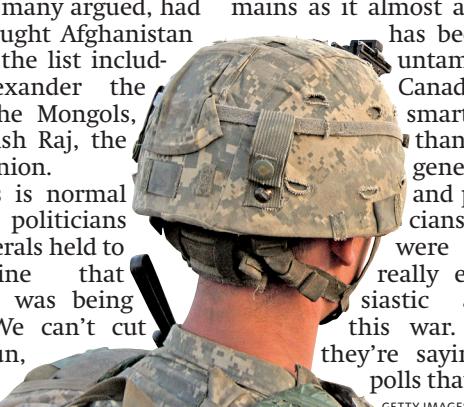
The usual right-left debate ensued with one side rah rah on war and the other dubious. No foreign invader, many argued, had ever brought Afghanistan to heel, the list including Alexander the Great, the Mongols, the British Raj, the Soviet Union.

But as is normal in war, politicians and generals held to the line that progress was being made. We can't cut and run,

said. And if you don't cheer for the war effort, you're not supporting our troops. In other words, the usual patriot games, some legitimate, some just plain old bullshite.

But today there is a consensus that says that little or no progress has been made, that Afghanistan remains as it almost always

has been — untamable. Canadians, smarter than their generals and politicians, were never really enthusiastic about this war. Now they're saying in polls that they



GETTY IMAGES

want their troops out before the deadline of 2011.

The Americans are getting set to send in new forces, which will more than compensate for Canadian withdrawals, if and when they occur. With this effort the new president, Barack Obama, will be able to prevent the Taliban from regaining power. But it will require his getting bogged down in a long war.

There will be more pressure from his White House for Canadians to stay on. But Canadians will have seen enough. They will turn back the clock. It will be just about as it was before. They won't care much about Afghanistan. They'll leave it to the Afghans and the superpowers — and save their soldiers from dying from roadside bombs.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

**FIRST THE GOOD NEWS...
...PEOPLE SEEM SLIGHTLY LESS
FOCUSED ON THE ECONOMY.**



MICHAEL DE ADDER

Views

Neutral the toughest stance on Mideast



Mona Eltahawy

Global View

I was born in Egypt during one war with Israel, have vivid memories of another war with Israel and I was the first Egyptian to live and work in Israel for a Western news agency when I moved there from Cairo at the end of 1997 as a Reuters correspondent.

And here's the best piece of advice on the Middle East you will get today.

Sit on the fence.

Strange coming from an opinion writer who makes a living out of taking positions? Yes. But it's too easy to take sides in the Middle East conflict. Few other parts of the world inspire such passion or leave such little room for doubt. For many, choosing sides is

The hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction.

people.

The civilians of Gaza are victims of both Hamas and Israel.

The former have been more concerned with firing ineffectual rockets at southern Israel where they targeted the very group of people they are now accusing Israel of hurting the most in Gaza — civilians.

Israel has launched a punishing bombardment and invasion of Gaza that will be used as the latest proof that it is the neighbourhood bully. Its actions are bound to turn Hamas

into the very heroes they don't deserve to be and possibly unleash a new wave of unconscionable suicide bombings against Israeli civilians.

And all for what?

For those of us from the region, the easiest thing might be to follow our birthright to bias. But the hardest thing is to scream "Enough!" at a time when both sides seem bent on mutual destruction and when to criticize your side ensures accusations of being a sellout.

But I insist on staying on that fence and being a sellout for peace.

Stay on that fence with me and scream and yell for a ceasefire.

Enough violence.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

tion of the CEOs' and barely keeping up with inflation.

Many of these corporations have enjoyed several years of huge profits by gouging us at the pumps and at the bank machines.

As if to add insult to injury, now we have a premier who tells unionized workers to lower their expectations for this year, only to find out days later that he's given his own staff huge raises. The good people of Nova Scotia need to summon up the courage to make sure that change happens ... and soon.

Lives cut short in Gaza

The Israelis have been bombing the Gaza Strip at such a rapid rate and continuously that everyone is just in utter shock. In just less than nine days, 470 Palestinians were killed and 2,400 were injured.

How can they even think about dropping bombs and missiles on these innocent people, especially the children?

These children still haven't had a chance to see anything in the world.

EMAN KADRI, CALGARY

It's your turn to tell others what you think. E-mail your thoughts and opinions to: halifaxletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

New York Times to sell front-page display ads

The New York Times said it would sell display advertising on its front page, its latest step to seek new ways to make money as it deals with a prolonged ad revenue downturn. The Times has run discreetly placed classified advertising on the front before. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Japan Hope for bull market in year of the ox

Women dressed in ceremonial kimonos and a person in a cow outfit representing the year of the ox pose at the Tokyo Stock Exchange's new year opening ceremony in Tokyo yesterday. Japan's Nikkei average rose 1.5 per cent yesterday, the first trading day of 2009. Wall Street rallied on Friday to its highest levels since early November on hopes 2009 will be a better year. The Japanese year of the ox began on Jan. 1.

I'm healthy, Jobs assures investors

TECHNOLOGY Apple Inc. chief executive Steve Jobs sought to soothe investor concerns about his health yesterday, saying his weight loss was caused by a hormone imbalance that is relatively simple to treat. Shares of Apple rose more than three per cent in early trade, as Jobs, a pancreatic cancer survivor, said he would remain CEO during his recovery and that his doctors expect him to regain his weight by late spring.

REUTERS

Fiscal deal faces delays

ECONOMY President-elect Barack Obama went to the U.S. Capitol yesterday to press for swift passage of a huge spending and tax-cut package amid signs his centerpiece economic stimulus plan may face delays.

Obama's first visit to the Capitol since the Nov. 4 election came on the eve of the opening of the new Congress, where passage of a recession-fighting stimulus package — expected to cost about \$775 billion US over two years — will be the top initial objective.

Obama's fellow Democrats had hoped to have such a package ready for the new president to sign as soon as he takes office in two weeks.

REUTERS

But they now say it will take at least a month or so longer to put together an initiative that can draw bipartisan support to clear a possible Senate Republican roadblock.

Republicans, who have voiced objections to government moves to bail out the financial industry and U.S. automakers, are raising concerns the Obama stimulus plan may presage a new era of uncontrolled government spending.

But they are certain to face public pressure, in wake of the widespread repudiation of Republicans in the November elections, to find common ground with Obama and clear the way for passage of a stimulus package.

REUTERS

In brief

RESIGNATION Richard Guay, the head of pension fund manager Caisse de dépôt et placement du Québec, is stepping down and becoming a strategic adviser after being away on medical leave. He was said to be suffering from exhaustion.

TABLEWARE Three unnamed U.S.-based parties are in talks to save china-maker Waterford Wedgwood after the Irish company called in receivers, the Financial Times newspaper reports. The heavily indebted maker of Waterford crystal failed to buy time from its creditors and yesterday asked for its shares to be suspended.

REUTERS

Lost-money claim forms sent to thousands of Madoff customers

one avenue for investors who believe they were duped in Madoff's purported \$50-billion US Ponzi scheme fraud.

Some investors have filed lawsuits, many of them against the hedge funds who entrusted money to Bernard L. Madoff Investment Securities LLC.

REUTERS

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C\$ 1.77¢	US\$ 84.03¢ US
US\$ 1.1900	\$1.74

OIL
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\$1.74

Bleak month for auto sales

Worst December in 12 years

Canada's auto market crashed during the holiday season, one more piece of evidence of a deepening recession.

Despite incentives, consumers closed their wallets and showroom sales plunged 21.2 per cent or more than 25,000 vehicles to 94,423 in December from the same month in 2007, manufacturers said.

The results marked the worst decline in auto sales for any month since 2003. It was also the lowest level for a December in 12 years.

The bleak December pulled down overall 2008 sales in Canada by 1.1 per cent or more than 17,000 to 1,653 million cars and trucks.

Analysts are forecasting more big dents in the first half of 2009 before the market begins to recover.

"I'm predicting double-digit declines for the next six months before things start improve," said industry watcher Dennis DesRosiers.

Offshore-based manufacturers exceeded the Big Three automakers in market share for the first time. They raised their share to 51.9 per cent from 48.3 per cent while GM, Ford and Chrysler slipped to 48.1 per cent from 51.7 per cent.

"I'm predicting double digit declines for the next six months."

Dennis DesRosiers

GM posted the most sales in Canada, while Toyota, including the Lexus brand, jumped into second place from fourth spot, ahead of Chrysler and Ford. Its sales rose 11.3 per cent to a record 224,158 in 2008 from 2007. In December, Toyota's sales plunged 35.4 per cent because of a huge drop in Camry sales.

Meanwhile, the Honda Civic compact has surpassed the Ford F-Series pickup truck to become Canada's most popular vehicle. It marks the first time in 15 years that a car has topped a truck as the country's best selling vehicle.

TORSTAR NEWS SERVICE

Hyundai

- Hyundai Motor Co. has rolled out a new incentive program for U.S. consumers that allows them to return financed or leased vehicles within the first year of purchase if they lose income.

THE DAILY BUSINESS BUZZ

Forestry needs green energy: Actions must be taken to implement renewable energy technologies in the forest products industry in New Brunswick, Nova Scotia and Maine, says a new report released today by the Atlantica BioEnergy Task Force. The study recommends 15 actions be taken in the areas of sustainable forest management, biomass management, energy policy, education, research and development and technology implementation.

Court OK's Acadian lending:

Acadian Mining Corporation announced yesterday it has obtained an order from the Supreme Court of Nova Scotia granting ScoZinc Limited authority to borrow up to \$1 million from TCE Capital Corporation. The DIP Order creates a priority charge and security interest in all of the property of ScoZinc as security for repayment of amounts advanced pursuant to the loan. On Dec. 22, the Court granted ScoZinc creditor protection. The CCAA protection stays creditors, suppliers and others from enforcing any rights against ScoZinc while it restructures its affairs and world base metal prices rebound.

Yarmouth air shuttle ahead?:

The Yarmouth Vanguard has learned that a Quebec-based airline is in the process of hiring people to staff an operation in Yarmouth. This fuels speculation that an air shuttle service will soon become a reality between Yarmouth and other centres.

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Tip of the Day: The way to get to the top is to get off your bottom. — Dr. Eugene Swearingen

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



Smart Cookies



Being a Smart Cookie isn't just about finding ways to spend less and save more, it's about making more money too. And just to be clear, we do not mean taking a job you hate because the paycheque's better. As we enter into 2009, we encourage you to find ways to attract more money into your life. And to get you started, here are a few Smart Cookie tips.

Turn Your Passion into a Paycheque:

With a little effort and creativity, it's possible to turn almost any pastime

into a paycheque. For example, one of our Smart Cookies was interested in learning about and tasting new wines. She had a friend who started a business that offered wine tastings at company events and she offered to help out. This was a great opportunity for her to make extra cash, sample some wine and meet new people.

Why Not Make Some Money AND Reap the Benefits?

Consider taking on a part-time job at your favourite store — many retail stores hire extra employees to help out during their busy season. One of us was furnishing a new condo, got a job at her favourite furniture store (which offered employees 40 per cent discount) and used the money she made working at the store to buy her discounted furnish-

Work smarter, not harder

Anything you haven't used in over a year, you no longer need! But rather than throwing these items away, why not find them a new home?

ings.

Clean Out Your Clutter

Anything you haven't used in over a year, you no longer need! But rather than throwing these items away, why not find them a new home? One of the Smart Cookies makes about \$300 at the end of each season and puts that toward new clothes. Another sold her wedding dress for \$800 on craigslist.org. You can do the same with sporting equipment, toys, CDs, books, almost anything.

What about Passive Income?

There are ways to in-



One Smart Cookie got a job at her favourite furniture store (which offered employees a 40 per cent discount) and used the money she made working at the store to buy her discounted furnishings for her new condo.

crease your monthly income, without lifting a finger. For example, if you pay monthly for a space in a garage, but you know your car will be gone during work hours or you'll never use it, you can rent out your space during the weekdays to someone who works near your parking

spot. Advertise the space on craigslist.org or in your local paper. One of our Cookies rents out her space and earns an additional \$50 per month.

Consider contract work

If it's not a conflict with your full-time job, look for freelance or contract opportunities. By utilizing

her contacts, one of us was able to get additional contract work providing PR services for clients outside of her full-time job, earning an extra \$2,000 per month!

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Oldtimers HOCKEY CHALLENGE CLASSIC
20th ANNIVERSARY

Players are subject to change.

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Billy Smith (HOF)
Bryan Trottier (HOF)
Dale Hawerchuk (HOF)
Gary Leeman
Bob Bourne
Cliff Ronning
Ron Hoggarth (Referee)
Rod Black (TSN) ...and more!

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MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q My new year's resolution is to get rich! Get into shape! Help the less privileged! Buy low, sell high! Quit smoking! Travel more! Win the lottery!



Get out there and start tackling your dreams.

Set long-term goals but achievable objectives that can be measured periodically.

not be much different. Here is some financial advice that many experts agree:

- Be realistic with resolutions. "I want to look like I did as a teenager!" Don't we all!
- Don't just "say," "do." The word resolution implies action. Resolutions cannot be accomplished

following through. Stop talking about joining a health club, just do it.

• As important as the resolution is having a plan for its execution. Without a plan, there will be no success. "This year, I would like to save for a house." Where will the savings come from? Create a cash flow budget. Identify how you can increase income and where you can cut expenses.

• Set long-term goals but achievable objectives that can be measured periodically. For example: Lose four pounds a month. Pre-authorize monthly RRSP contributions. Set up automatic payments for investment.

Goals cannot be reached unless you reach for it!

Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.

Investing

Allan Small

WILL RETURN

Harrison picks up defensive hardware

Pittsburgh Steelers linebacker James Harrison won The Associated Press 2008 NFL Defensive Player of the Year award yesterday, after registering a team-record 16 sacks, and leading the NFL with seven forced fumbles in the regular season. METRO NEWS SERVICES



Sports

JOHN.CHICK@METRONEWS.CA

Mourners salute hockey player

HOCKEY Don Sanderson was in a coma during Christmas, so hundreds of mourners solemnly sang a yuletide carol yesterday at the funeral for the 21-year-old hockey player who died following an on-ice fight in Brantford, Ont., Dec. 12. Sanderson's mother, Dahna, cried as mournful strains of Silent Night filled a packed church outside Toronto. "We loved him with all our hearts, and I don't know how we're going to move on without him," she said. "All I ask is each and every one of you love each and every one of your family members every day." Sanderson, a rookie with the OHA's Whitby Dunlops, died Friday after being in a coma for almost a month. METRO NEWS SERVICES

 **VIDEO** Mourners at hockey player's funeral sing him one last Christmas carol at metronews.ca/canada

Sports in brief

SOCER Lower Sackville's Nkem Ezurike finished seventh in voting for the Canadian Soccer Association's female under-17 player of the year. Ezurike was Canada's top scorer at the FIFA under-17 World Cup in November. Monica Lam-Feist won the award.

HOCKEY Former Halifax Mooseheads blue-liner Guillaume Monast has been named the QMJHL's defensive player of the week. He had eight assists and a plus-8 in three games with the Quebec Remparts, giving him 23 points in 36 games. METRO NEWS SERVICES

SCOREBOARD**QMJHL**

TONIGHT'S GAMES
Baie-Comeau at Lewiston
P.E.I. at Moncton
Drummondville at Shawinigan

PBL

ATLANTIC DIVISION		
W	L	PCT
2	0	1.000
Montreal	1	1.500
Vermont	0	0.000
Quebec	0	1.000
Manchester	0	1.000

FRIDAY'S GAME
Quebec at Halifax, 7 p.m.

SATURDAY'S GAME
Montreal at Halifax, 2 p.m.

WJC

YESTERDAY'S RESULTS
GOLD MEDAL GAME
Canada 5 Sweden 1
BRONZE MEDAL GAME
Russia 5 Slovakia 2

NHL

YESTERDAY'S RESULTS
N.Y. Rangers 4 Pittsburgh 0
N.Y. Islanders at Edmonton

High five for Canada



Team Canada won its fifth gold medal in a row at the world junior hockey championships last night, taking a first-period lead on P.K. Subban's second effort just 38 seconds into the game and riding the goaltending of a suddenly-hot Dustin Tokarski.

Angelo Esposito scored on a backhand in the second period, Cody Hodgson let rip a wrister on the power play in the third, and Jordan Eberle and Hodgson scored into an empty net in a 5-1 win over Sweden, which takes home silver for the second year in a row.

Shaky in every outing before last night, Tokarski faced 40 shots, stood tall and was named player of the game. John Tavares was named the tournament's



Canada players Patrice Cormier, back, defenceman Thomas Hickey, defenceman Ryan Ellis and John Tavares, right, line up behind P.K. Subban after he scored against Sweden last night.

most valuable player and a first-team all-star. He was joined on the all-star team by Hodgson and Subban.

The crowd of 20,380 at

Scotiabank Place — who jeered Swedish defenceman Victor Hedman and goalie Jacob Markstrom all night — was a new single-game at-

tendance record for the world juniors. With Prime Minister Stephen Harper and his security entourage in attendance, and a huge Canadian flag making its way around the lower bowl, the stage was set for the international showcase of junior hockey's two best teams.

Emotions ran high in the second, as Canada extended its lead to 2-0 on the goal by Esposito. Hedman took a few punches at Esposito, who wisely didn't swing back, after the Canadian had a run-in with Markstrom as the goalie skated after a loose puck. The crowd jeered Markstrom, believing he was putting on a show by flopping on the ice after his collision with Esposito. It was Markstrom's third questionable flop of the game.

Hedman didn't get a penalty and was booed the rest of the evening.

Esposito got his revenge on the same shift, scoring on a backhander after scooping the puck off David Rundblad. TORSTAR NEWS SERVICE

Heisman winner a big Canucks fan

York Report**Marty York**

marty.york@metronews.ca

The top player in U.S. college football is a hockey fanatic. His favourite team: the Vancouver Canucks.

In fact, while in high school in Oklahoma City, quarterback Sam Bradford had a ritual in which he'd watch The Mighty Ducks movie and check out the latest Canucks' results before turning in for the night.

"Hockey was and maybe still is my favourite sport to watch," said the Heisman Trophy winner, who will lead the No. 1 Oklahoma Sooners against the No. 2 Florida Gators in the BCS national championship game Thursday night. "I love the Canucks. Roberto Luongo is outstanding."

• Spring training, believe it or not, begins next month, but one of baseball's premier sluggers remains a ManRam without a home.

Manny Ramirez is attracting interest, all right, but his US\$20-million-a-year demand isn't.

MLB sources consider Ramirez's agent, Scott Boras, a major problem because of his insistence on the \$20M salary. The Los Angeles Dodgers continue to negotiate with him, as do the San Francisco Giants, Tampa Bay Rays and New York Yankees. And even the Blue Jays might make a pitch for him if he becomes more reasonable and if they could succeed in their attempts to unload Scott Rolen and/or Lyle Overbay (and their guaranteed contracts).

• An athlete who has lowered his financial demands: Shaquille O'Neal. In November, the NBA star listed his Miami Beach mansion for \$35-million. His new asking price: \$25-million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



Amyot has five goals and seven assists so far with Saint John this season.

Dogs dealt captain and top blue-liner Alex Grant of Antigonish to the Shawinigan Cataractes. Elsewhere, the Memorial Cup-host Rimouski Oceanic picked up all-star defenceman Marc-Andre Bourdon from the

Rouyn-Noranda Huskies.

In other news, the Sea Dogs cut three Nova Scotian forwards: Matthew Stoddard of Porters Lake; Stephen Walker of Mount Uniacke; and Kyle Dilosa of Cheticamp.

he world juniors. With Prime Minister Stephen Harper and his security entourage in attendance, and a huge Canadian flag making its way around the lower bowl, the stage was set for the international showcase of junior hockey's two best teams.

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Hedman didn't get a penalty and was booed the rest of the evening.

Esposito got his revenge on the same shift, scoring on a backhander after scooping the puck off David Rundblad. TORSTAR NEWS SERVICE

Mooseheads trade for Amyot

MATTHEW WUEST
matthew.wuest@metronews.ca

The Halifax Mooseheads are hoping to build their defence corps around new acquisition Pascal Amyot.

The Mooseheads traded for the 18-year-old blue-liner yesterday, swapping first-round picks in the Canadian Hockey League import draft with the Saint John Sea Dogs. They also surrendered a fourth-round pick in the 2010 QMJHL draft.

Halifax's traded import pick could be in the top five, while the pick they're getting back will be much lower.

Amyot, who didn't get much ice time on a deep Sea Dogs defence corps, will immediately log top minutes in Halifax. He has five goals and seven assists in 38 games.

"He's been caught in the numbers in Saint John, but we've always liked him," said Mooseheads general manager Marcel Patenaude. "He can move the puck,

he's got a great shot, he's got offensive ability, and he could blossom in Halifax."

The 6-foot-4, 212-pounder was a second-round pick (20th overall) of the Sea Dogs in 2006. He was rated ninth overall by Central Scouting, but slipped because of NCAA threats.

Amyot joins fellow 18-year-old Gabriel O'Connor and 17-year-old Alex MacDonald as the future of Halifax's defence corps as the organization rebuilds for the next two seasons.

"We're all excited about gaining Pascal Amyot," Patenaude said. "We feel he can be a top defenceman this year and next year and maybe as a 20-year-old."

"He's got offensive qualities that he hasn't shown because of his (lack of) ice time."

The Mooseheads now have a 28-man roster. They'll continue to explore trade possibilities until the deadline on Thursday and will likely trim their roster to 24 by Saturday.

Halifax's trade was one of many yesterday, as the Sea



If you go too long between meals, drink half a cup of juice to stabilize blood sugar levels before you eat to back your body up from its "starvation" mode. TORSTAR NEWS SERVICE

Between meals

Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

The good-skin fix

Meet your resolutions by starting with your complexion

JANINE FALCON
for Metro Canada



Turns out that focusing on better skin nutrition can help meet at least three 2009 resolutions: 1) to spend less; 2) to lose weight; and 3) to get on a less stressful, healthy-living track.

"The skin is a good indicator of what's going on inside," says Dr. Joey Shulman, D.C., registered nutritionist and author of *The Natural Makeover Diet: 4 Steps to Inner Health and Outer Beauty*. "For example, if you eat too many pro-inflammatory foods, such as sugar, refined flour, fried food, alcohol and saturated fats, you'll wake up looking puffy and red."

Rather than pricey "miracle" products or procedures, the good-skin fix can be as simple and budget friendly as a diet change, which, in addition to improving skin (in as little as a

week), could improve the numbers on your bathroom scale. "Replace the bad stuff with dark leafy greens, broccoli, spinach, winter squash, carrots, sweet potatoes — vitamin A-rich foods," says Shulman.

Naturopath Dr. Alan Logan, author of *The Clear Skin Diet* and research-and-development co-ordinator for Genuine Health, agrees. "In

North America, 50 percent of consumed vegetables is potato (mostly frozen), onion, iceberg lettuce and processed tomato. We need more colourful fruit and veg, such as blueberries, fresh tomatoes and kale. The deeper the colour of the produce, the more

dense it is in polyphenols, naturally-occurring antioxidants."

Omega-3 fatty acid-rich foods also rank high in the good-skin eating plan because, say Shulman and Lo-

gan,

they boost skin's natural moisture levels. Shulman recommends cold-water fish, nuts, and seeds, as well as omega-3 fortified eggs and milk. Another hydrating must is water, which gets over-

looked in the winter. Shulman suggests green or white tea as alternatives. "They're anti-inflammatory and high in antioxidants, plus white tea can help deal with sugar cravings because it's on the sweet side."

According to Logan,

"Fish is skin's best friend. Orally consumed fish collagen also provides the body with raw materials to manufacture the collagen skin needs."

Alan Logan, author of *The Clear Skin Diet*

Rather than pricey "miracle" products or procedures, a good-skin fix can be as simple and budget friendly as a diet change, including vitamin A and omega-3 fatty acid-rich foods.



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Automatic sex? Unstimulating

The J Spot**Josey Vogels**

Sex talk with Josey

An announcement just before the holidays that British scientists were developing an implant to stimulate pleasure centres in the brain caused the usual flurry of headlines that every new scientific solution to our seemingly increasingly lousy sex lives seems to cause.

Headlines everywhere announced the discovery of a so-called "super sex chip" that was set to turn us all on at the flip of a switch.

Never mind that the implant is meant for people who suffer from "anhedonia," a condition I'd never even heard of until now, but that apparently results in an inability to enjoy or experience pleasure from such activities as eating and sex.



With the advent of a new implant meant to stimulate pleasure centres in the brain, our columnist asks: 'Whatever happened to good old-fashioned seduction?'

formerly sexually unsatisfied couples suddenly dancing down the street and singing.

And, when the makers of Viagra didn't succeed in coming up with a female version, others stepped in and pharmaceutical labs are currently hard at work developing a nasal spray, an injection, and a pill to treat female sexual dysfunction, a condition that didn't even exist a decade ago.

I sympathize with men and women who experience legitimate sexual problems, in some cases as a result of physical or psychological issues. But the drive to find a magical scientific solution to boost our flaccid sex drives is disturbing.

Whatever happened to good old-fashioned seduction? Bah, who has time for that these days?

That requires effort and communication and actually doing some things that reawaken your sexual self. A pill would be so much easier. But the fact is, even if a pill or an implant or a spray can stimulate desire or guarantee an erection or an orgasm, it can't guarantee good sex.

That requires some good old-fashioned elbow grease.

Or at least a good lube.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Blame Woody Allen for launching our obsession with instant sexual satisfaction. He introduced the "Orgasmatron" in his cheesy 1973 movie *Sleeper*, a phone-booth-like machine that induced instant orgasms in those who entered.

Since then, we've been on a mission to find a quick-fix, effortless solution to our sexual dissatisfaction.

Viagra, of course, has been the star of the show; the magic blue pill that had

Nutritionist shares tips for fat loss

DIET Nutritionist Suzanne Carere's tips for fat loss:

- Don't eat carbs at night — your body can't burn them and they turn right to fat.
- Fruit contains mostly sugar and carbs, albeit healthy ones, so eat them only in the morning. Switch to vegetables in the afternoon and
- Snack frequently. This releases sugar more slowly in your bloodstream, preventing spikes and crashes in your energy.
- Eat small snacks of protein through the day.
- Hungry at night? Drink tea or broth-based soups.
- To fight a craving, call

a chatty friend or relative. You'll distract yourself until the urge to eat passes, and nurture a relationship at the same time.



Avoid carbs at night — your body can't burn them.

TORSTAR NEWS SERVICE

The first step to a healthy weight loss

Part 1

The importance of cleansing your organism.

The human body is one of the most complex machines because it through the interaction between organs as with its control over energy and emotions. Just about everything that exists on this planet is practically traced from our bodies and their functions.

Take for example, our boulevards, streets and alleys, they are images of our arteries, veins and capillaries. Jammed with toxins and waste, how can they adequately transport different nutriments necessary to good health and well being?

We take better care of our toys than we do of our own HEALTH!

Here are two examples to illustrate this obvious fact: You own a car and generally change the oil on a regular basis in order to extend the life of your motor and keep it in good working condition.

Well, your body needs the very same attention.

Here is another example: You regularly clean and look after your house to keep it looking good. Again, your body needs the very same care.

Where does this waste come from?

From overeating, unsuitable diets, intestinal fermentation and putrefaction, coffee, alcohol, sweets, excess salt, food additives, overly hard water, insecticide-contaminated foods, herbicides, fertilizers, drugs given to livestock that later find their way into animal by-products (eggs, milk,...), chemical and synthetic drugs, vaccines, polluted air, factory smoke emissions, exhaust gases, stale air in poorly vented apartments or in high-traffic public areas, tobacco smoke; and, through the skin, from cosmetic products, make-up, products for maintenance of the body,...

To be continued on January 5th...

I have healthy eating habits; do I still need to cleanse my organism?

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SHOPPERS DRUG MART

Madagascar: Escape 2 Africa led the foreign box office for the fourth time in five weekends as the overseas tally for the animal cartoon raced to \$340 million US — about \$2 million more than the final total of its 2005 predecessor. **REUTERS**

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

DVD picks

Pineapple Express

Director: David Gordon Green
Rating: 18A

IN A PERFECT world, stoner comedies would be enjoyed in a theatre converted into a giant bong. It's too often the case, as it is with Pineapple Express, that the tokers onscreen have a far better time than the sober judges in the seats. This should change with home DVD showings, where what you do in your basement is your own concern. Whatever is in the titular bud that Seth Rogen and James Franco are inhaling their enjoyment of it is almost selfish, since they're getting laughs that we are denied. But you need not worry about being locked into one style of yuks. Apatow is big on hybrid humour, and so apparently is his unlikely di-



rectorial disciple David Gordon Green. Pineapple Express is both a stoner laugher and a bloody crime satire about duelling drug lords and crooked cops. The body count is large and the violence is quite nasty. Luckily, Franco's sleepy-eyed dealer Saul is one of those sweet discoveries that makes you willing to forgive the film's flaws. Saul dispenses drugs to Rogen's Dale, a process server whose brazen methods are at odds with his conservative demeanour. Things get complicated, and then some, and the movie gets more violent as less funny as it goes along.

TORSTAR NEWS SERVICE

Travolta undergoes autopsy

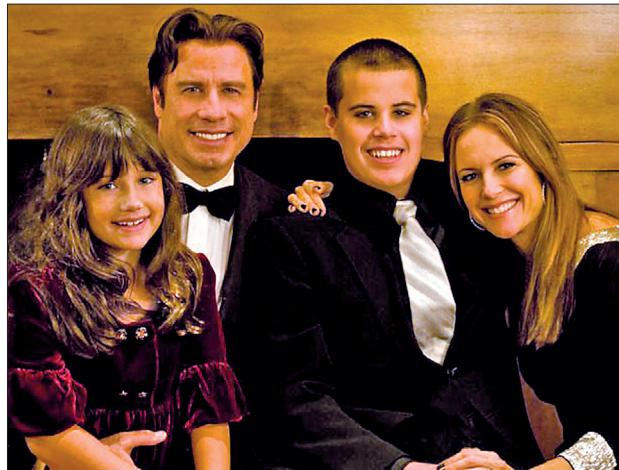
Two pathologists appointed by Bahamian authorities performed an autopsy yesterday on the body of actor John Travolta's 16-year-old son, Jett, who died last week after suffering a seizure at the family's holiday home.

Jett, who had a history of seizures, was found unconscious in a bathroom at the home in the Old Bahama Bay resort on Grand Bahama Island on Friday morning. He was pronounced dead after being taken by ambulance to Rand Memorial Hospital in Freeport.

A family doctor sat in on the autopsy at the request of the Travolta family. Results were not released.

However, other media outlets reported Travolta's death certificate says he was killed by a seizure.

Obie Wilchcombe, a



Actor John Travolta, second left, poses with daughter Ella Bleu, left, wife Kelly Preston, right, and son Jett in an undated family photo.

member of parliament for western Grand Bahama, said the autopsy was completed at around noon and paperwork was finished two hours later.

Jett's body was moved from Rand Memorial Hos-

pital to Restview Funeral Home in Freeport, where it was being prepared for transport to the United States, Wilchcombe said.

"The preparation of the body will take an estimated 12 to 13 hours," he said.

ASSOCIATED PRESS/ROGERS & COWAN

For the latest on this story, visit metronews.ca/entertainment

Dozens of relatives flew to Grand Bahama to comfort John Travolta and his wife, actress Kelly Preston, Wilchcombe said.

John Travolta and paramedics tried without success to resuscitate the boy.

The family's earlier statement did not refer to Jett's medical history or possible cause of death. But Travolta's lawyers, Michael Ossi and Michael McDermott, were quoted on Sunday as saying Jett apparently suffered from grand mal seizures, which can cause loss of consciousness.

He was on an anti-seizure medication called Depakote for several years, Ossi and McDermott told the celebrity website TMZ.

REUTERS

what's cooking

NEW SEASON
WED 11:30 A.M. E/P
SAT 1:30 P.M. E/P

W NETWORK

Produced by ABX STUDIO

KRAFT kraftcanada.com

Hootin' Hugh

Hugh Jackman will voice an owl in a new movie. The star will reportedly voice a character in animated film *Guardians Of Ga'Hoole*. FEMALEFIRST.CO.UK



Get set for new time-slot tussles

Soon new battles will wage in primetime: ABC's hit thriller *Lost* against Fox's new crime drama *Lie to Me* on Wednesdays. NBC's comedy favorite *The Office* vs. Fox's reality hit *Hell's Kitchen* on Thursdays. And Fox's sci-fi drama *Dollhouse* competing with CBS' Canadian import *Flashpoint* on Fridays, to name a few.

But in today's time-shifted, multichannel universe, does it still matter if *Drama A* airs in the same time period as *Reality Show B*?

Yup, arguably more than ever. Most viewers still watch TV shows live. But more importantly, with the ratings standard for what makes a hit broadcast series dropping, how well a show stacks up against competitors is often considered a fairer measurement of success than whether a show draws a huge audience. Here are some of the more intriguing new face-offs on the midseason schedule:

Mondays
ABC's *The Bachelor* and *True Beauty* vs. NBC's *Superstars of Dance* and



A scene from ABC's hit thriller *Lost*, which will duke it out against Fox's new crime drama *Lie to Me* on Wednesdays.

Momma's Boys:

Bachelor has ebbed in recent years, while Superstars brings the American Idol producers to NBC. Later in the evening, Beauty — about 10 attractive contestants tricked into believing they're being evaluated for their looks but who are actually being judged by their civility — will go up against Mom-

ma's Boys, which has had a modest December run.

Tuesdays**ABC's Homeland Security USA vs. NBC's Biggest Loser**

Curiosity online about Homeland Security is running high, but Loser is one of the few strong NBC primetime offerings that's shown no signs of weakening.

Wednesdays**ABC's Lost vs. Fox's Lie to Me vs. CBS' Criminal Minds**

This three-way standoff pits Fox's keystone new show against CBS' usual time-period winner — both crime procedurals — and then there's ABC's strongly rated *Lost* returning after airing Thursdays during the writers strike last year.

Thursdays, round one**Fox's Bones and Hell's Kitchen vs. NBC comedies**

With rivals airing their strongest shows Thursday night, Fox has been unable to get a consistent foothold on this advertiser-rich evening. Durable reality series *Are You Smarter Than a 5th Grader?* and *Don't Forget the Lyrics* serve as cannon fodder for hits like ABC's *Grey's Anatomy* and CBS' *Survivor*.

Enter *Bones* and *Hell's Kitchen*, two recent time-period winners Fox is shifting to TV's toughest night. The crime drama has been strong this season on Wednesdays, and the Gordon Ramsay cooking competition series has grown its numbers every year.

Thursdays, round two**CBS' Harper's Island vs. NBC's Kings**

Dueling question marks. CBS' new Agatha Christie-meets-Scream series against NBC's freshman neo-biblical courtesan drama? Normally the fresher idea has the edge, but what's great about these shows is there's nothing like either of them on TV.

Fridays**CBS' Flashpoint vs. Fox's Dollhouse**

Like comparing a Buick to a funnel cake. Here's CBS' modestly rated, yet seemingly nuclear-blast-proof Canadian import competing with Fox's fallen midseason angel. After trying *Moonlight* and *The Ex List* in the same slot, Friday leader CBS hopes *Flashpoint* can finally fill this ratings pothole.

With its other weekday slots occupied by more promising titles, Fox placed the softening sci-fi drama *Terminator: The Sarah Connor Chronicles* and creatively overhauled freshman series *Dollhouse* onto the Friday wall in hopes they might stick.

REUTERS

ABC brings Scrubs' 8th season to life

TELEVISION Here it is, season eight of *Scrubs* — the one that never was supposed to happen. Like *Diff'rent Strokes* more than 20 years ago, the hospital sitcom has defected from NBC to ABC for what is presumed to be its final season. Or maybe not.

The show hits the ground in midseason form after eight months and one change of venue, integrating a new crop of interns with seamless aplomb and again demonstrating how to fuse dramatic elements into a sitcom without breaking a sweat.

It rolls onto ABC with a two-episode premiere assault. First up is an episode featuring the heartless and unethical Dr. Maddox, a new recurring character played by Courteney Cox.

She's surrounded by the usual cast of returning *Scrubs* players led by Zach Braff along with Sarah Chalke, Donald Faison, John C. McGinley and Judy Reyes. The second episode guest stars Glynn Turman as a dying patient coming to terms with his mortality.

REUTERS

New hi-def TVs to stream Netflix in U.S.

MOVIES LG Electronics will soon launch new high-definition TVs in the U.S. that can screen Netflix movies directly from the internet without an external box. Last year, the DVD rental company and the electronics giant introduced set-top boxes and Blu-ray DVD players with the same software. Netflix has announced other partnerships, including one with Microsoft's Xbox 360 to embed the movie software in its game consoles.

REUTERS

IntelleVision

Rick McGinnis
WILL RETURN

GlobalStyle

Kenya Hunt
Exclusive at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
16/09				News (N)	ABC Wld News	Inside Edition	Chronicle	Homeland Security USA	Scrubs	Scrubs	Primetime: You	
	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Cold Case	Law & Order			Without Trace	
	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses "Pilot" (N)	CBC News: The National	The Hour		
	2	2	CBC-F	Union-force	Pyramide (SC)	Virginie (SC)	La Facture (N)	Providence (N) (SC)	Rox (N) (SC)	Grosse vie (N)	Le Téléjournal	
	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Caged" (N)	The Mentalist (HDTV) (N)		Without Trace	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Histoires-filmes	La Fièvre de la danse (SC)	La Promesse (SC)	TVA 22 heures	
	6	6	6	CIHF	Entertainment	ET Canada	90210 (HDTV) (N)	NCIS "Caged" (N)	Kitchen Nightmares	News (N)		
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	Fringe "Power Hungry"	(10:01) Fringe	News (N)		
	10	10	10	ELTV	(6) EastLink Television			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Lucky Thirteen"	(10:01) Fringe	Fox First	
	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser One contestant has a health scare.		Law/Ord SVU	
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	Big Fat Diet	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (DVS)	Frontline (N) (DVS)		Viewer Favrites	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	WorldFocus	Nova (DVS)	Masters of the Arctic Ice	Frontline (N)		
	68	68	68	TQS	(6:30) Le Retour (SC)	Catherine (SC)	Piégé Zézé	Le Grand rire Bleue (SC)	Men in Trees: leçons	110 pour cent		
	23	96	96	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Business News	Squeeze Play	Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight		Campbell Brown: No Bias	Larry King Live		Cooper 360	
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10	Top 10	Top 10
	52	52	52	RSE	Prime Time Sports	NHL Hockey	Ottawa Senators at Buffalo Sabres. (Live)			UFC: Access	Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlimi	Score Update	College Football GMAC Bowl -- Ball State vs. Tulsa. From Mobile, Ala. (Live)			
	45	45	45	SPD	Unique Whips		Pinks (HDTV)	Pass Time	Low Life	Low Life	Super Bikes!	Hot Import
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey	Florida Panthers at Toronto Maple Leafs. (HDTV) (Live)			
	43	43	43	FAM	Zoey 101	Life Derek	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6teen	6teen	Misadventures	American Dad
	26	26	26	MAX	Backyardigans	Ni Hao, Kai-lan	Nght Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast	Comfy Couch
	27	27	27	YT	Drake & Josh	iCarly	Scorpiion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Falcon Beach
	16	16	16	A&E	Cold Case Files (HDTV)		CSI: Miami "Addiction"		The First 48 (HDTV)	The First 48 (HDTV)		Manhunters
	70	70	70	APTN	News	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts
	50	50	50	BET	106 & Park: BET's Top 10 Live				Two Can Play That Game ★ (2001, Romance-Comedy)			Keyshia Cole
	37	37	37	BRVO	Street Legal "The Price"		Desperate Housewives		Live at the Rehearsal Hall	Altered by Elvis		Diana Krall
	25	25	25	CMT	Chevy Cross Canada Countdown			Home Improve.	Home Improve.	Reba	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	The Simpsons	South Park	S. Silverman
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Killer Forensics		Police Videos
	38	38	38	DISC	Canada's Worst Driver	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Time Warp (N)	Race: Iditarod	
	34	48	48	HGTV	Holmes on Homes	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin-Justin
	46	46	46	HIST	Ultimate Engineering	NCIS "Hiatus"		Ultimate Engineering	Ax Men		NCIS	
	17	17	17	MM	disBand	Technical Diff.	Degrassi: Next	Instant Star	Gone Wild	Video on Trial	Video on Trial	Degrassi: Next
	19	19	19	MMM	MusicProfile	mmmtop10.com	Where You At	Popaganda		Listed		Celeb Wrestle
	201	201	201	M1	Between Truth and Lies	(8:15) He Was a Quiet Man (2007, Drama)						
	48	23	23	OLN	American Gladiators	Bounty Hunter	Dakar Rally	Survivorman	Mantracker			Bounty Hunter
	51	51	51	PEACH	Seinfeld	Friends	House-Payne		Executive Decision ★★★ (1996, Action) Kurt Russell, Halle Berry.			
	206	206	206	PIX	(6:40) Repulsion (1965, Horror)		The Best Bad Thing (1998, Drama)		Hedwig and the Angry Inch ★★ (2001)			
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)			RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits	Mutant X	Testees	Trailer Park	House	
	40	40	40	Slice	X-Weighted	Til Debt-Part	Rich Poor	Date My Ex: Jo & Slade	Rich Bride, Poor Bride		End of Leash	
	47	47	47	SPACE	Stargate SG-1	Lost "The Brig"	Lost		The Dresden Files		Destin. Truth	
	14	14	14	SPIKE	CSI: NY (HDTV)		CSI: Crime					



Amy Winehouse is becoming a fashion designer, reports London newspaper The Sun. The singer has apparently been bragging that she is already in negotiations with Fred Perry, saying she has already sketched some designs for them. METRO NEWS SERVICES

Celebrity Buzz

Uncle Benji dishes about new niece

PEOPLE Harlow Winter Kate Madden won't be a year old until Jan. 11, but her uncle, Benji Madden, already has a warning for potential suitors, people.com reports.

"I'm going to be keeping a close eye on her," Madden, 29, told People about the daughter of twin brother Joel Madden and his girlfriend Nicole Richie, 27. "I'll leave the shotgun right by the door."

People says the Good Charlotte guitarist is thrilled with the way Harlow's parents have been raising her so far. "When they had her, their instincts just kind of came out, and it's amazing to see," he said. "They just really put their child above everything."

METRO NEWS SERVICES

Celebrity scares at New Years

SCARE Kate Hudson and Mariah Carey spent New Year's Eve amidst bomb threats, femalefirst.co.uk is reporting. Four homemade bombs were planted around celebrity retreats in Aspen, Colo., according to The New York Post.

Goldie Hawn, Nick Cannon and Jack Nicholson are also said to have been in the area, reports the website, adding a local businessman is suspected of planting the bombs.

METRO NEWS SERVICES

David and Nicole a couple?

RELATIONSHIP Eonline.com is reporting that Nicolle Sheridan and David Spade are a couple, noting the two had dinner together on Saturday in the Palazzo in Las Vegas.

"Although there wasn't major PDA, they definitely were affectionate throughout their meal," a source reportedly told the website.

METRO NEWS SERVICES

Kate pregnant?

BABY Kate Moss is reportedly pregnant, according to femalefirst.co.uk

The supermodel — who has a six-year-old daughter, Lila Grace, with ex-boyfriend Jefferson Hack — fuelled rumours she is expecting a baby after she was seen clutching her stomach while on holiday in Thailand with partner Jamie Hince, the gossip website reports.

A source said: "Even though she had a cigarette in her hand, Kate definitely looks as though she's expecting."

"She was walking with Jamie and Lila but kept putting one hand on her stomach — you could clearly see she has a bump there, even though she was wearing a baggy top."



Friends were expecting the 34-

year-old British beauty to announce her pregnancy last month when she and Jamie threw a party at her Cotswolds home, the website says.

Prior to the bash, a source close to Kate — who is rumoured to have given up drinking — said: "Kate has been on the phone to all her friends and her assistant has been on the case to her family."

"Kate has had a few big nights out recently but she has been behaving more than usual. Even Simon Cowell said she had a bit of a tummy when she went to watch his show The X Factor."

However, the bash passed with no major announcement, the website reports.

METRO NEWS SERVICES

Pete fights paranoia

PEOPLE Pete Wentz is always paranoid, according to femalefirst.co.uk. The Fall Out Boy rocker struggles to control his anxiety and says medication no longer helps his problem, the website reports, adding the he admitted: "I'm paranoid pretty much all the time. I can take three Xanax and not feel a thing."

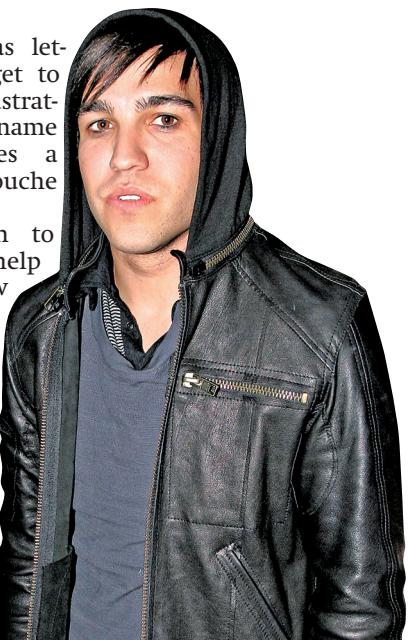
Pete — whose wife Ashlee Simpson gave birth to their first child, son Bronx Mowgli, in November — also revealed he has stopped reading about himself online because the barrage of criticism gets him down.

He added to Blender

magazine: "I was letting the blogs get to me. It's semi-frustrating when your name actually becomes a synonym for douche bag."

Pete's decision to avoid blogs may help with his new year's resolution, the website says, adding the 29-year-old musician has vowed to control his language around his family.

METRO NEWS SERVICES



ScarJo eager to age as actress



CAREER Scarlett Johansson enjoys working with Woody Allen because he doesn't care about her age, femalefirst.co.uk reports.

The 24-year-old star — who has collaborated with the director on three movies, Vicky Cristina Barcelona, Scoop and Match Point — is looking forward to getting older because she believes she will get offered more interesting parts, but says working with Woody has already given her experiences she didn't expect to have at her age.

She explained: "I hope to work with him

again. I would do his craft service, really. I feel like we work very well together, because we're very comfortable with each other. Because we're friends, and we challenge each other.

"I'm in a strange kind of age group. But I'm looking very much forward to growing older in this industry, probably contrary to popular belief."

"I feel like there's a lot of opportunity for women that are a bit older than me."

"A lot of the actors that I really admire are probably ten or 15 years older than me, and just have wonderful opportunities."

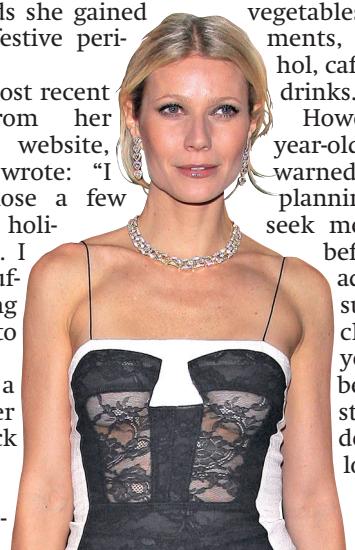
METRO NEWS SERVICES

Gwyneth on new year's detox plan

HEALTH Gwyneth Paltrow has embarked upon a post-Christmas detox, femalefirst.co.uk reports. The actress is taking drastic measures to shift the excess pounds she gained over the festive period.

In the most recent e-mail from her goop.com website, Gwyneth wrote: "I need to lose a few pounds of holiday excess. I will be suffering along with you to kickstart my year a bit lighter — good luck to us all!"

According to re-



ports, banned substances in Gwyneth's post-holiday diet include: Dairy, gluten, meat, shellfish, all processed food, fatty nuts, potatoes and other related vegetables, condiments, sugar, alcohol, caffeine or fizzy drinks.

However, the 36-year-old actress has warned anyone planning to detox to seek medical advice before starting, adding, "Make sure you check with your doctor before you start any detox. Drink a lot of water."

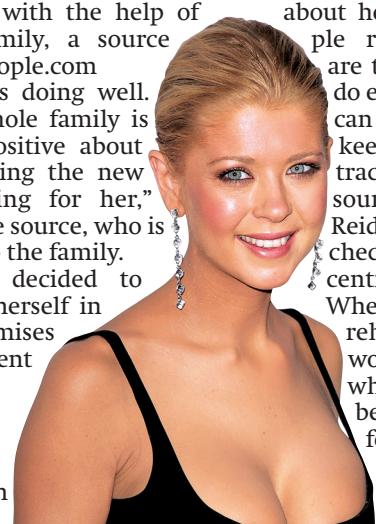
METRO NEWS SERVICES

Tara 'doing well': Source

PEOPLE Tara Reid checked into rehab last month and is getting her life back together with the help of her family, a source tells people.com

"She's doing well. The whole family is very positive about this being the new beginning for her," says the source, who is close to the family.

Reid decided to check herself in to Promises Treatment Centre, and though she's been in



treatment less than a month, her family and friends are optimistic about her future, People reports. "They are taking steps to do everything they can to help Tara keep on the right track," adds the source, who says Reid is expected to check out of the centre shortly.

When she entered rehab her rep would not reveal what Reid was being treated for.

METRO NEWS SERVICES

Say no to drive-thru Vegas weddings, Carmen says

ADVICE After a couple of failed marriages under her belt, Carmen Electra feels comfortable dishing out a smart suggestion, people.com reports.

"My advice to anyone is to not get married in Vegas," she told People. "Do not get married at the drive-thru in Vegas, especially. Take your time — enjoy it!"

Electra, 36, adds: "It's important to think out marriage in general because

it's a huge commitment. Besides that, I hate to say it, but it's a lot of paperwork and a lot of emotions. It can be difficult."

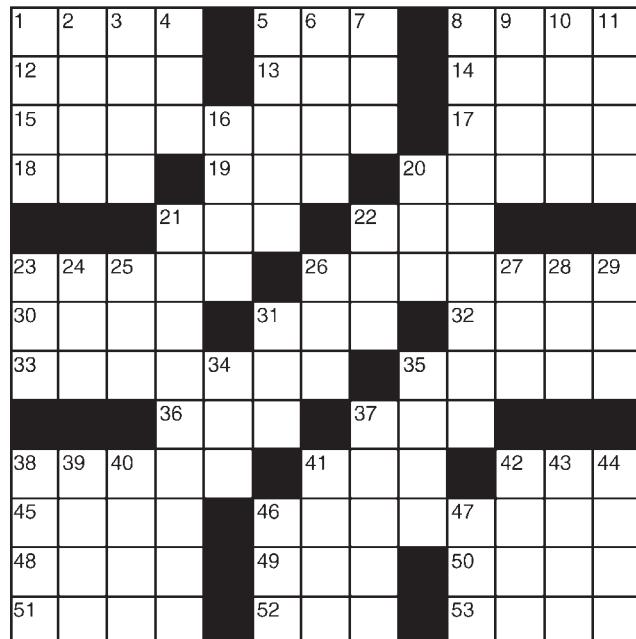
Electra married former NBA All-Star Dennis Rodman in 1998 and filed for an annulment just nine days later. Now Electra, who also was once hitched to rocker Dave Navarro, is engaged to former Korn guitarist Rob Patterson, 38. But they have no plans to marry any time soon.

METRO NEWS SERVICES



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Crossword across

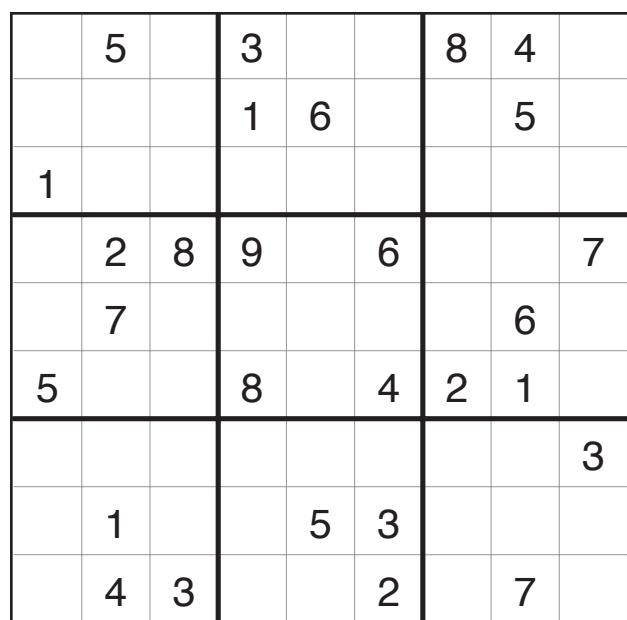
- 1 Candle circler
5 Hot tub
8 Sunbeams
12 Land measure
13 It may be faux
14 Curved molding
15 St. Patrick's Day symbol
17 Just adorable
18 Plaything
19 Anger
20 Wool quantity
21 Barracks bed
22 Victory
23 Trivial
26 Takes for a time
30 State
31 Tibetan critter
32 Reed instrument
33 Inhabitant
35 Michigan city
36 2004 horror movie
37 Zero
38 Pointed
41 Tuna container
42 "Indubitably"
45 — contendere
46 Saturday Evening Post cover artist
48 Oil-cartel acronym
49 Ford or Lincoln
50 Additionally
51 It lasts for days
52 Hearty brew
53 Merriment

Crossword down

- 1 Sail support
2 Siete + uno
3 Salver
4 Height of fashion?
5 Recreational activity
6 Wear a rut in the rug
7 Request
8 Elvis' genre
9 Malaria symptom
10 Bigfoot's cousin
11 No longer hidden
16 Urban disturbance
20 Knight's address
21 Voice of Marty the Zebra in Madagascar
22 Moo goo gai pan pan
23 Young fellow
24 "— Got a Secret"
- 25 Army rank (Abbr.)
26 Proscribe
27 Sapporo sash
28 Money of North Korea
29 Collection
31 Evergreen variety
34 Use a ray gun
35 Stoolie
37 Mother-of-pearl
38 Frosty's makeup
39 Crosby crony
40 Sheltered
41 Brat's stocking stuffer
42 Holler
43 Differently
44 — gin fizz
46 Nipper's co.
47 Move back and forth

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min Genius
13-17 min Scholar

17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Horoscopes

ARIES

MARCH 21-APRIL 20

**TAURUS**
APRIL 21-MAY 21**GEMINI**
MAY 22-JUNE 21**CANCER**
JUNE 22-JULY 22**LEO**
JULY 23-AUG 23**VIRGO**
AUG 24-SEPT 22

A boss is defeated by a fanatical person. Be more than eager to praise others. Make a fresh start with an unfortunate opponent.

LIBRA
SEPT 23-OCT 23



Your delicate hopes for love will thrive. Don't thoughtlessly shut out someone who cares. Break down obstacles with your exceptional ideas.

SCORPIO
OCT 24-NOV 21

There will be a pep talk about love. A whiner demands more freedom. A miserable guy needs to find a job.

SAGITTARIUS
NOV 23-DEC 21

You'll find sanctuary from a radical situation. See the wonderful opportunities all around. Now is the time to make a serious move.

CAPRICORN
DEC 22-JAN 20

Somebody's disdainful words will cause incredulity. Guide yourself away from unhealthy diet plans. Don't postpone a medical check-up.

AQUARIUS
JAN 21-FEB 18

A cherished wish finally comes true. Anything is possible if your mind is alert. A woman's chattiness will cause revelations.

PISCES
FEB 19-MARCH 20

Something very special will happen. Prepare for a reaction to your procrastination. Passing the buck will lead to despair.

This day in history

JAN. 6, 1929 — Mother Teresa arrives in Calcutta to begin her work amongst India's poor and diseased people.
JAN. 6, 1942 — Pan American Airlines becomes the first commercial airline to schedule a flight around the world.
JAN. 6, 1974 — In response to the 1973 energy crisis, daylight saving time commences nearly four months early in the United States.
JAN. 6, 1980 — The beginning of the first GPS epoch.
JAN. 6, 2005 — Edgar Ray Killen is arrested as a suspect for the 1964 murders of three civil rights workers.

METRO NEWS SERVICES

WORDY GURDY®

1. Is able to extend across, as a bridge (1)
2. Touch Achilles' vulnerable foot part (1)
3. Concealed a tentacled sea creature (1)
4. Which gash? (1)
5. Composer Gustav's U.S. currency (2)
6. Fair-haired woman's wizard sticks (1)
7. Great frightener of one who proves a claim (4)

BY TRICKY RICKY KANE
Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS
1. MACHINES 2. FELINE 3. HID SQUID 4. WHAT CUT
5. CAN SPAN 6. FEEL HEEL 7. VERTIGINE TERRIFIE
1-6-09

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Metro Recipe of the Day



Vegetable Primavera

INGREDIENTS:

1/2 lb (230 g) baby carrots
5 1/2 oz (155 g) baby corn cobs

1/2 lb (230 g) young fine green beans

Salt and black pepper

1/2 lb (230 g) baby or small zucchini

A small handful of fresh parsley

14 oz (400 g) fresh ricotta and spinach tortellini

1 tbsp (15 ml) olive oil

1/2 lemon

1 tbsp (15 ml) wholegrain mustard

METHOD:

- Put a large saucepan of water and a kettle on to boil. Preheat oven to low.
- Rinse and trim carrots, corn and beans, and cut into short lengths. Plunge vegetables into saucepan of boiling water, add salt, bring back to boil, then simmer for 4–5 minutes, until slightly crisp.
- Meanwhile, rinse and trim zucchini. Cut baby zucchini in half lengthwise, small ones into

slices, and set aside. Rinse, dry and chop parsley.

- Lift cooked vegetables from boiling water with a slotted spoon, put into bowl and keep warm in the oven. Bring water back to boil, topping up with more from kettle if necessary. Add pasta and boil gently for 5–6 minutes.
- Meanwhile, heat olive oil in large saucepan, add zucchini and fry, stirring continuously, for 2–3 minutes.
- Squeeze lemon juice into zucchini, then add drained vegetables, mustard and salt and pepper to taste. Toss gently.
- Drain pasta and mix into vegetables. Turn onto warmed serving dish, sprinkle parsley and serve hot.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



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